

# [NECK BAND FOR COOLING OR HEATING]

## Abstract

An attachable, adjustable in size neck ring made of a lightweight fabric with two plies on one side for extra comfort that includes hook and pile adjustable fasteners and a gel pack that can be heated or cooled for providing additional cooling or heating to a human being during exercising. The neck ring fabric chamber can be separated from the gel pack when not in use and for heating or cooling the gel pack.